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Review Article

THE ROLE OF *MANA* IN *DHARANIYA VEGA*: A *KRIYASHARIR* PERSPECTIVE

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ABSTRACT

The Ayurvedic principle of *Vega* encompasses natural instincts that need to be appropriately regulated to ensure overall health. Specifically, *Dharaniya Vega* refers to those urges that require mindful control to avoid physiological and psychological disruptions. The management of *Dharaniya Vega* is intricately connected to the workings of *Mana* (mind), which is crucial for regulating emotions and cognitive functions. Ayurveda asserts that an imbalance in *Mana* can lead to either overindulgence in or repression of *Dharaniya Vega*, which may result in various psychosomatic conditions such as stress, anxiety, depression, cardiovascular problems, and metabolic disorders. This review examines the influence of *Mana* on the regulation of *Dharaniya Vega* from a *Kriyasharir* (physiological) viewpoint, emphasizing its significance for overall health. It combines perspectives from Ayurvedic texts, contemporary neurophysiology, and psychological research to provide a holistic understanding of the interactions between mind and body in *Vega* regulation. The characteristics of *Mana*—*Sattva*, *Rajas*, and *Tamas*- are explored to elucidate their roles in emotional stability and the decision-making processes concerning the expression and suppression of urges. Furthermore, the review highlights the significance of *Sattvavajaya Chikitsa* (mental discipline therapy) as an essential strategy for effectively managing *Dharaniya Vega* and achieving comprehensive well-being. By integrating Ayurvedic concepts with modern findings on stress and emotional control, this study offers practical guidance for preventing illness and promoting health through conscious emotional management. The results emphasize that fostering mental balance using Ayurveda-based strategies can improve resilience, cognitive clarity, and long-term physiological wellness. Adopting these principles in everyday life can lead to enhanced well-being, affirming Ayurveda's enduring relevance in contemporary healthcare.

INTRODUCTION

In the realm of human existence, the body reveals a spectrum of physiological urges, as noted by Vega. These urges can be divided into two distinct categories: *Adharaniya Vega*, which are the urges that one should refrain from suppressing, and *Dharaniya Vega,* those that necessitate a degree of control. Within the holistic framework of Ayurveda, the importance of managing these urges is paramount for maintaining harmony between the mind and body.[1]

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Dharaniya Vega is mainly linked to the emotional and cognitive aspects of our being, and it demands a mindful approach. When emotions are left unchecked, they can lead to significant disruptions in one's overall well-being. This is where the mind, or *Mana*, becomes essential; it is the governing force behind our decision-making, emotional awareness, and behavioral habits. The capacity to exercise restraint over *Dharaniya Vega* is heavily influenced by the mental *Gunas*: *Sattva*, associated with balance; *Rajas*, which denotes agitation; and *Tamas*, reflecting inertia. These *Gunas* shape our psychological tendencies and dictate how we respond to the world around us. [2]

In today's world, where the pace of life often feels overwhelming, people find themselves grappling with heightened stress, emotional turbulence, and

constant mental strain. This modern existence has led to a rise in *Manasika Vikara,* or mental disorders, often stemming from the failure to regulate one's natural impulses and reactions. Conditions like anxiety, depression, high blood pressure, and various metabolic issues have been closely associated with the struggle to manage overwhelming emotions. However, Ayurveda presents a guiding light amidst this chaos, advocating for mental discipline, a balanced diet, and thoughtful lifestyle changes as essential tools for navigating and alleviating these challenges. [3]

In this exploration, the paper embarks on a journey to uncover the physiological and psychological backbone of *Mana*, particularly in its role regarding *Dharaniya Vega* and its significant impact on preventing psychosomatic disorders. By weaving together, the threads of ancient Ayurvedic practices with the latest insights from neurophysiology, cognitive psychology, and stress management, the narrative illuminates the critical role of conscious emotional regulation in nurturing holistic health. It details various therapeutic strategies rooted in Ayurveda, such as *Sattvavajaya Chikitsa*, which focuses on mental discipline, meditation, and ethical living. These approaches serve as practical tools for navigating the waters of *Dharaniya Vega*, fostering mental stability along the way. Gaining a deep understanding of these concepts empowers individuals to make enlightened decisions that pave the way toward a healthier and more balanced existence. [4]

AIM AND OBJECTIVES

Aim

To explore the role of Mana in the regulation of *Dharaniya Vega* from a *Kriyasharir* perspective and its implications for holistic health management.

Objectives

- To analyze the classification of *Vega* and its impact on physical and mental health.
- To examine the psychophysiological regulation of *Dharaniya Vega* through Ayurvedic and modern perspectives.
- To explore the relationship between *Sattva, Rajas*, and *Tamas* in *Vega* regulation.
- To assess the implications of uncontrolled *Dharaniya Vega* on various health disorders.
- To suggest practical interventions based on Ayurvedic principles for effective mental and emotional regulation.

MATERIALS AND METHODS

- This evaluation draws on traditional Ayurvedic texts such as the Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya, while also incorporating modern research related to neurophysiology and the management of stress. The study utilizes a qualitative analysis methodology to compare established Ayurvedic principles with current scientific evidence. A range of relevant academic articles, research studies, and clinical investigations concerning psychosomatic disorders and the regulation of emotions has been examined to present a thorough overview.

Concept of *Vega* and its Classification *Adharaniya Vega* (Non-Suppressible Urges)

Among the fundamental impulses that humans experience are the urges to urinate, defecate, sneeze, feel thirsty or hungry, sleep, yawn, and breathe. When these urges are ignored or suppressed, they can give rise to various systemic disorders, potentially resulting in digestive problems, respiratory complications, and metabolic imbalances. [5]

Dharaniya Vega (Suppressible Urges)[6,7,8]

According to Ayurveda, *Dharaniya Vega* includes urges related to emotional and cognitive processes such as:

Krodha (anger)– Leads to hypertension, stress, and cardiovascular issues.

Shoka (grief)– Results in depression, weakened immunity, and lack of motivation.

Lobha (greed)– Causes material obsession, dissatisfaction, and unethical behavior.

Moha (delusion/attachment)– Leads to lack of rational decision-making and attachment-driven stress.

Irshya (jealousy)– Results in social disharmony, anxiety, and negative competitiveness.

Bhaya (fear)– Causes hormonal imbalances, panic disorders, and phobias.

These emotions, if left unchecked, contribute to *Manasika Vikara* (mental disorders) and subsequently impact physical health.

The Role of *Mana* in *Dharaniya Vega*

Psychophysiological Regulation

In the realm of Ayurveda, mana is depicted as a vibrant force that governs how we perceive, think, and react to the world around us. Its importance in *Dharaniya Vega* cannot be overstated, as it plays a vital role in how we manage our emotions. When the mind is left unchecked, it can spiral into intense emotional reactions, which in turn disrupts the body's physiological balance. This intricate link between our emotional well-being and physical health emphasizes the crucial need for mental discipline in our lives. [9]

Sattva, *Rajas*, and *Tamas* in *Vega* Regulation

In the realm of Ayurvedic philosophy, the mind is divided into three distinct qualities: *Sattva, Rajas*, and *Tamas. Sattva* embodies a sense of balance and wisdom, while *Rajas* is characterized by activity and passion. On the other hand, *Tamas* represents inertia

and ignorance. To master *Dharaniya Vega*, one must cultivate the predominance of *Sattva*, for when *Rajas* or *Tamas* escalates, they tend to cause impulsive behaviors and emotional upheavals. [10]

- *Sattvic* mind– Exhibits patience, self-control, and wisdom, making it easier to regulate emotional urges.
- *Rajasic* mind– Leads to excessive reactions, aggression, and stress.
- *Tamasic* mind– Results in apathy, confusion, and lack of emotional clarity.

Ayurveda suggests that cultivating *Sattva* through diet, lifestyle, and ethical conduct ensures better mental health.

Neurophysiological Correlates

In today's understanding, the brain regions that play a crucial role in managing our emotions- like the prefrontal cortex, the limbic system, and the autonomic nervous system- can be closely related to what Ayurveda refers to as *Mana*. When individuals fail to effectively handle *Dharaniya Vega*, levels of stress hormones, such as cortisol and adrenaline, rise. This imbalance can give rise to psychosomatic disorders. The toll of chronic stress extends beyond mental strain; it undermines the immune system, disrupts digestive functions, and even hastens the aging process. [11]

Implications of Uncontrolled *Dharaniya Vega*

- **Mental Disorders:** When emotions such as anger and grief are either suppressed for extended periods or excessively indulged, they can pave the way for anxiety, depression, and disorders linked to stress. As this pattern continues over time, it can give rise to what is known as *Manodaihika Vyadhi*, a term that refers to psychosomatic ailments. [12]
- **Cardiovascular Effects:** As one navigates the tumultuous waters of emotional instability, their heart feels the strain. With every rise in turmoil, the heart races faster, blood pressure climbs, and the shadows of cardiovascular diseases loom closer. It's a cycle where high stress acts as a catalyst, fostering conditions like atherosclerosis, arrhythmias, and ischemic heart disease, each step further entangling one in a web of potential health issues. [13]
- **Gastrointestinal Disorders:** In the realm of gastrointestinal health, the mind plays a pivotal role. Psychological stress acts as a silent adversary, subtly influencing the well- being of the gut. This connection often manifests in uncomfortable ailments such as Irritable Bowel Syndrome (IBS), hyperacidity, and indigestion, weaving a narrative of how our mental state can impact our physical health. [14]
- Endocrine Imbalance: In the intricate dance of our body's systems, emotions play a crucial role. When feelings are suppressed, it can disrupt the delicate balance of hormones, throwing metabolic rates and immune functions into disarray. This tumultuous shift can elevate the risk of various health issues, including diabetes, thyroid dysfunction, and complications related to reproduction. [15]
- Cognitive Impairment: In the realm of cognitive functioning, a shadow looms- a surge of negative emotions that can erode the very foundations of our mental capacities. This relentless tide can dull the sharpness of memory, cloud the clarity of focus, and diminish the skills required for effective problem-solving. Over time, this pervasive influence may pave the way for more profound conditions, such as dementia and various neurodegenerative diseases, turning everyday challenges into formidable obstacles. [16]

Ayurvedic Interventions for *Mana* Balancing

***Sattvavajaya Chikitsa* (Psychotherapy)**

In the realm of Ayurveda, ancient texts resonate with wisdom on the importance of mental discipline. They extol practices like meditation, mindfulness, *Mantra* chanting, and the use of positive affirmations, all aimed at fostering a greater dominance of *Sattva*, which represents purity and harmony. This therapeutic approach is dedicated to nurturing self-awareness, building emotional resilience, and achieving a profound sense of inner peace. [17]

***Aushadha* (Herbal Remedies)**

Herbs beneficial for mind regulation include:

Brahmi (Bacopa monnieri)– Enhances memory, cognition, and stress resistance.

Ashwagandha (Withania somnifera)– Reduces cortisol levels, promoting relaxation.

Shankhapushpi (Convolvulus pluricaulis)– Calms the nervous system and improves concentration.

Jatamansi (Nardostachys jatamansi)– Acts as a natural antidepressant and neuroprotective agent.

Guduchi (Tinospora cordifolia)– Enhances immunity and mental clarity.

***Dincharya* (Daily Regimen) and *Sadvritta* (Ethical Lifestyle)**

In the tapestry of daily life, a thoughtfully organized routine that weaves in yoga, pranayama, and a nutritious diet creates a stabilizing effect, calming erratic emotions that may arise. Embracing the principles of *Sadvritta*- values such as honesty,

kindness, self-control, and helping those around us- fosters a nurturing environment for a healthy mental state. [18]

Yoga and Pranayama [19]

Anulom-Vilom Pranayama (alternate nostril breathing)- Balances sympathetic and para-sympathetic responses, stabilizing emotions.

Bhramari Pranayama (humming bee breath)- Reduces stress and anxiety.

Shavasana (Corpse Pose)– Induces deep relaxation and restores mental equilibrium.

Bhakti Yoga (Devotional Practices)– Redirects excessive emotional urges towards higher consciousness.

DISCUSSION

In the realm of Ayurvedic physiology, the concept of Mana plays a pivotal role in the regulation of *Dharaniya Vega*, weaving a complex tapestry that significantly impacts both mental and physical health. This narrative will explore how *Mana* interacts with *Vega* regulation and ultimately contributes to the manifestation of diseases, blending insights from both Ayurvedic traditions and modern scientific understanding. [20]

Impact of Uncontrolled *Dharaniya Vega* on Health

Improper management of *Dharaniya Vega* can lead to a series of psychosomatic issues. When emotions like anger *(Krodha),* grief *(Shoka),* and fear *(Bhaya)* are either suppressed or excessively indulged, this typically results in increased stress responses, which raise cortisol and adrenaline levels in the body. Prolonged activation of these stress mechanisms can lead to conditions such as hypertension, metabolic disorders, immune system impairments, and neurodegenerative diseases. Additionally, the regular suppression of emotions may disrupt the balance of neurotransmitters, making individuals more vulnerable to anxiety and depression.[21]

Psychoneuroimmunological Perspective

In the realm of psychoneuroimmunology, the bond between the mind and body is widely acknowledged. This intriguing field investigates the ways in which our psychological states can influence immune responses. Notably, Ayurveda's focus on the regulation of the mind resonates with contemporary research that reveals how stress and unbalanced emotions can trigger autoimmune diseases, inflammatory disorders, and a decrease in the body's ability to fend off illnesses. By consciously managing *Dharaniya Vega*, individuals can promote their immune function and preserve a state of physiological balance. [22]

Recent research into Mindfulness-Based Stress Reduction (MBSR), Cognitive Behavioral Therapy (CBT), and neurofeedback training has affirmed the scientific basis of Ayurveda's principles. Future investigations should prioritize the combination of these traditional techniques with contemporary clinical practices to create tailored approaches for *Vega* regulation and overall mental health. [23]

CONCLUSION

The regulation of *Dharaniya Vega* is a vital component in preserving both physiological and psychological equilibrium. The mind, or *Mana*, is instrumental in regulating emotional impulses, thereby affecting overall health and wellness. This review emphasizes that an imbalance among the qualities of *Sattva*, *Rajas*, and *Tamas* can disrupt *Vega* regulation, leading to psychosomatic issues like anxiety, depression, hypertension, and metabolic disorders. By applying Ayurvedic practices, individuals can achieve emotional stability through methods such as *Sattvavajaya Chikitsa* (mental discipline therapy), yoga, pranayama, ethical behaviours, and herbal treatments. These methodologies are consistent with modern studies in psychoneuroimmunology, Cognitive Behavioral Therapy (CBT), and mindfulness-based stress reduction (MBSR), underscoring the importance of a comprehensive approach to mental health care. Looking ahead, the fusion of Ayurvedic approaches with current scientific insights is crucial for creating tailored strategies for *Vega* regulation. Educating and raising awareness about these traditional practices, along with clinical validation, can aid in the development of preventive and therapeutic measures for stress-related conditions. Ultimately, the conscious management of *Dharaniya Vega* contributes not only to enhanced mental resilience and physiological health but also to a balanced and harmonious existence. By reconciling ancient knowledge with modern understanding, individuals can improve self-awareness, emotional intelligence, and overall wellness, highlighting the continued significance of Ayurveda in contemporary healthcare.

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